

# COVID-19 Myth vs. Fact

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With new information being released daily, it's important to separate the facts from the myths. To help, Lincoln has turned to the experts and curated this reference piece to help keep you informed.

## Myth or Fact?

**MYTH:**

COVID-19 only affects older people.

**FACT:**

People of all ages and races can be infected by COVID-19; however, older people are more at risk of severe illness.<sup>2</sup>

**MYTH:**

Antibiotics can prevent and treat COVID-19.

**FACT:**

Antibiotics help stop bacterial infections and are not effective against COVID-19 which is a virus.<sup>2</sup>

**MYTH:**

COVID-19 is like the seasonal flu.

**FACT:**

COVID-19 currently has a higher fatality rate than the flu and appears to be more contagious than the flu.<sup>1</sup>

**MYTH:**

Someone who recovered from COVID-19 can still spread the virus.

**FACT:**

Those who recover from COVID-19 and are medically cleared from isolation, having followed the guidelines, pose substantially less risk of secondary spread.<sup>6</sup>

**MYTH:**

There is currently an FDA-approved treatment for COVID-19.

**FACT:**

The FDA is currently testing many drugs as potential treatments, but nothing has been approved to treat, cure or prevent COVID-19. The FDA is also identifying treatments to help ease the symptoms.<sup>3</sup>



**MYTH:**

A face mask will protect you from COVID-19.



**FACT:**

Although certain models of tight-fitting respirators (N95 masks) can protect health care workers who care for infected patients, the lightweight disposable surgical don't fit tightly and may allow tiny infected droplets to get into the nose, mouth or eyes.<sup>4</sup>

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**MYTH:**

COVID-19 can be transmitted through mosquito bites.



**FACT:**

To date there is no information or evidence to suggest that the new coronavirus can be transmitted by mosquitos. This disease is a respiratory virus spread primarily through droplets generated when an infected person coughs, sneezes or has discharge from the nose.<sup>2</sup>

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**MYTH:**

Vaccines against pneumonia provide protection against COVID-19.



**FACT:**

This is a new virus that will need its own vaccine, and researchers are working on developing an effective one.<sup>1</sup>

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**MYTH:**

COVID-19 isn't transmitted in hot and cold climates.



**FACT:**

COVID-19 can be transmitted in all areas, including hot/humid and cold climates.<sup>2</sup>

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**MYTH:**

The coronavirus remains in the throat for four days, causing sore throat and coughing before it reaches the lungs. Drinking a lot of water and gargling with warm salt water or vinegar eliminates the virus.



**FACT:**

While gargling with warm salt water can make a sore throat feel better, it has no effect on the coronavirus.<sup>5</sup>

Sources:

- 1 Coronavirus (COVID-19) Quick Reference Guide, <https://www.customguide.com/cheat-sheet/coronavirus-quick-reference.pdf>
- 2 World Health Organization, Coronavirus advice for the public: Myth busters, <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters>
- 3 U.S. Food and Drug Administration, Coronavirus (COVID-19) Update: FDA Continues to Facilitate Development of Treatments, [https://www.fda.gov/news-events/press-announcements/coronavirus-covid-19-update-fda-continues-facilitate-development-treatments?utm\\_campaign=031920\\_PR\\_Coronavirus%20%28COVID-19%29%20Update%3A%20Chloroquine&utm\\_medium=email&utm\\_source=Eloqua](https://www.fda.gov/news-events/press-announcements/coronavirus-covid-19-update-fda-continues-facilitate-development-treatments?utm_campaign=031920_PR_Coronavirus%20%28COVID-19%29%20Update%3A%20Chloroquine&utm_medium=email&utm_source=Eloqua)
- 4 Johns Hopkins Medicine, Coronavirus Disease 2019: Myth vs. Fact, <https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/2019-novel-coronavirus-myth-versus-fact>
- 5 Johns Hopkins Bloomberg School of Public Health, COVID-19 Myths vs. Realities, <https://www.jhsph.edu/covid-19/coronavirus-facts-vs-myths.html>
- 6 Centers for Disease Control and Prevention (CDC), Key Facts, [https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/share-facts.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fshare-facts.html](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/share-facts.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fshare-facts.html)

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